

Based on building healthy dietary patterns that include enough recommended food groups and stay within calorie limits, the 2020-2025 Dietary Guidelines for Americans recommend limiting added sugars to up to 10% of total calories (50 grams or 12 teaspoons of added sugars per day in a 2,000-calorie diet).

What does a daily diet with 10% of calories from added sugars look like?

Here's one example! (Based on a 2,000-calorie diet)

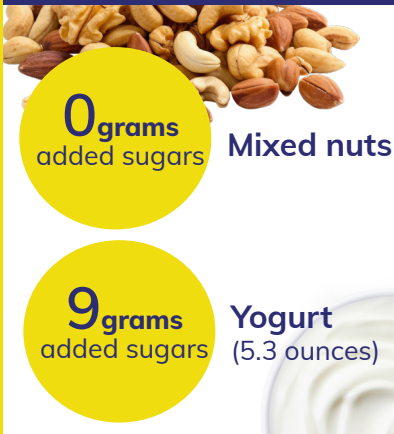
Breakfast



Lunch



Snack



Dinner



Dessert



U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).